



Welcome to Culinary Medicine Workshop!

Lana Balvin Frantzen, PhD
Vice President of Nutrition Affairs
National Dairy Council

Goals of Our Symposium

- Explore how culinary medicine bridges food, culture and health in culturally inclusive dietary patterns including MyPlate/MiPlato and other relevant nutrition education resources
- Connect the farm to table story of dairy in a meaningful way
- Translate the dairy nutrition science into easy-to-share dietary recommendations and culinary applications that support sustainable changes and ultimately health outcomes





**Bringing to life the dairy
community's shared vision of a
healthy, happy, sustainable world,
with science as our foundation.**

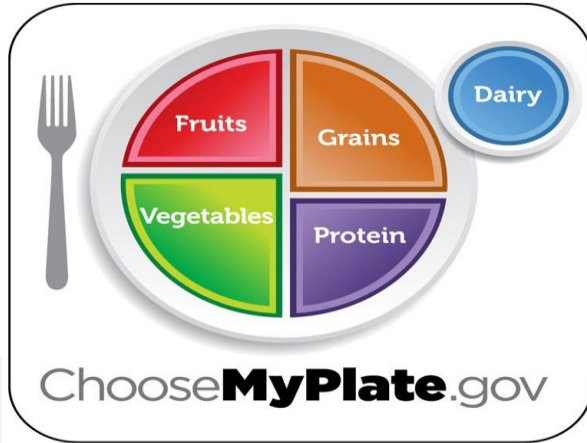
NDC
NATIONAL DAIRY COUNCIL™

Our National Dairy Council Network

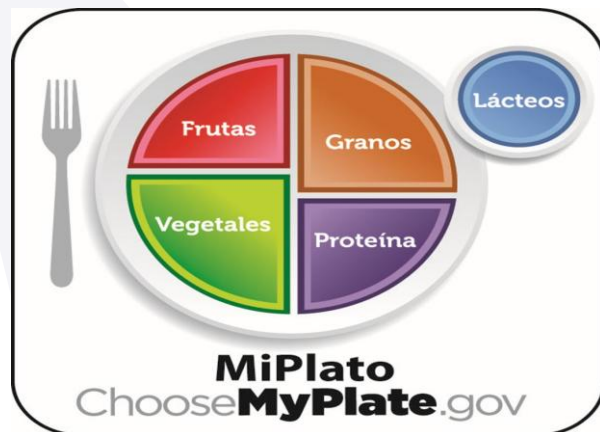


>100 Dietitians, Nutrition Communicators and Scientists Across the Country

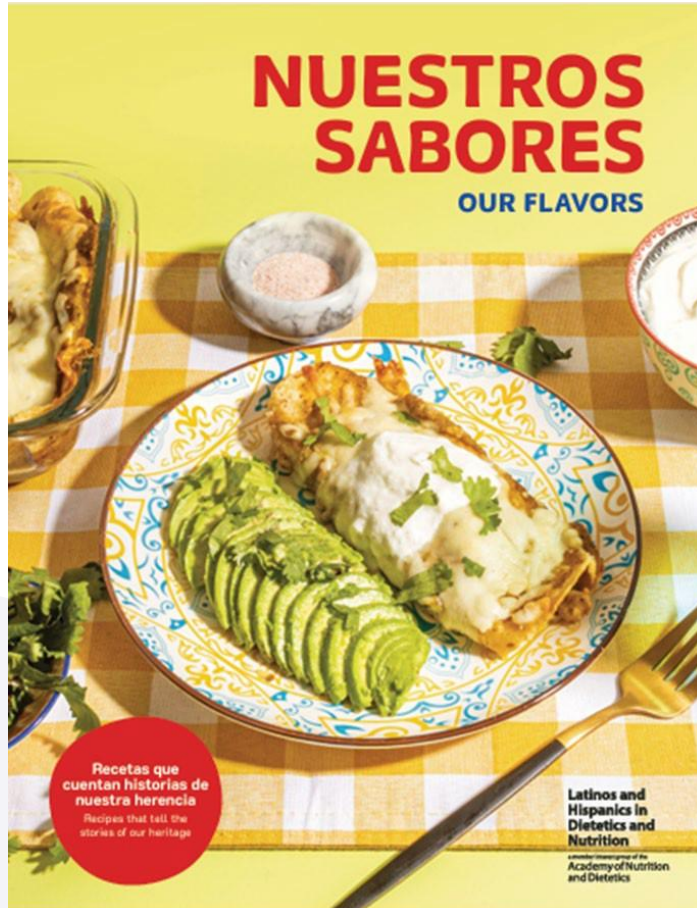
From Nutrition Science to Your Plate



eat right. Academy of Nutrition and Dietetics



Nuestros Sabores/ Our Flavors



Dairy MAX created in partnership with **Academy of Nutrition and Dietetics** member interest group, **LAHIDAN**, Latinos and Hispanics in Dietetics and Nutrition



The Why: Your Impact in Culinary Medicine



USDairy.com



@NtlDairyCouncil



Why Culinary Medicine?

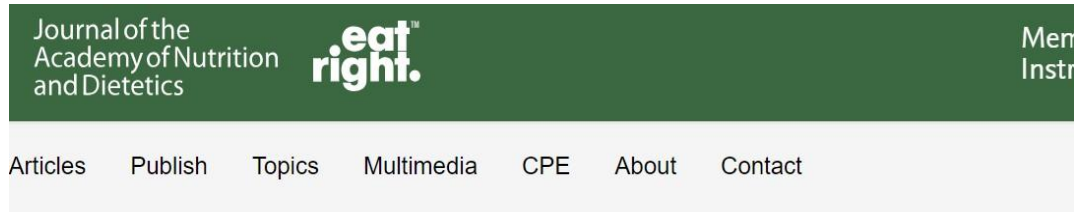
- **Poor nutrition** and physical inactivity are significant risk factors for:
 - Obesity
 - Heart disease
 - Stroke
 - Type 2 diabetes
 - Certain cancers

<https://www.cdc.gov/chronic-disease/about/index.html>

<https://pubmed.ncbi.nlm.nih.gov/39257876/>



Definition: Journal of the Academy of Nutrition and Dietetics



RESEARCH | COMMENTARY · Volume 123, Issue 6, P865-870, June 2023

Preparing Registered Dietitian Nutritionists for Leadership in Culinary Medicine: Opportunities, Barriers, and Alternatives in Registered Dietitian Nutritionist Education and Training

Catherine R. McManus, PhD, RDN, LD ¹ · Hope D. Barkoukis, PhD, RDN, LD, FAND ¹ · Ann C. Burns ¹ · Olivia Ricelli, MS ¹ · John Wesley McWhorter, DrPH, MS, RDN, LD ² · Stephanie R. Harris, PhD, RDN, LD ¹

“A recent definition of culinary medicine is an evidence-based field of medicine that integrates the art of food and cooking with the science of medicine, which allows for the promotion of health and well-being and supports disease management.”

<https://pubmed.ncbi.nlm.nih.gov/36740186/>

Definition from JAND excerpt...



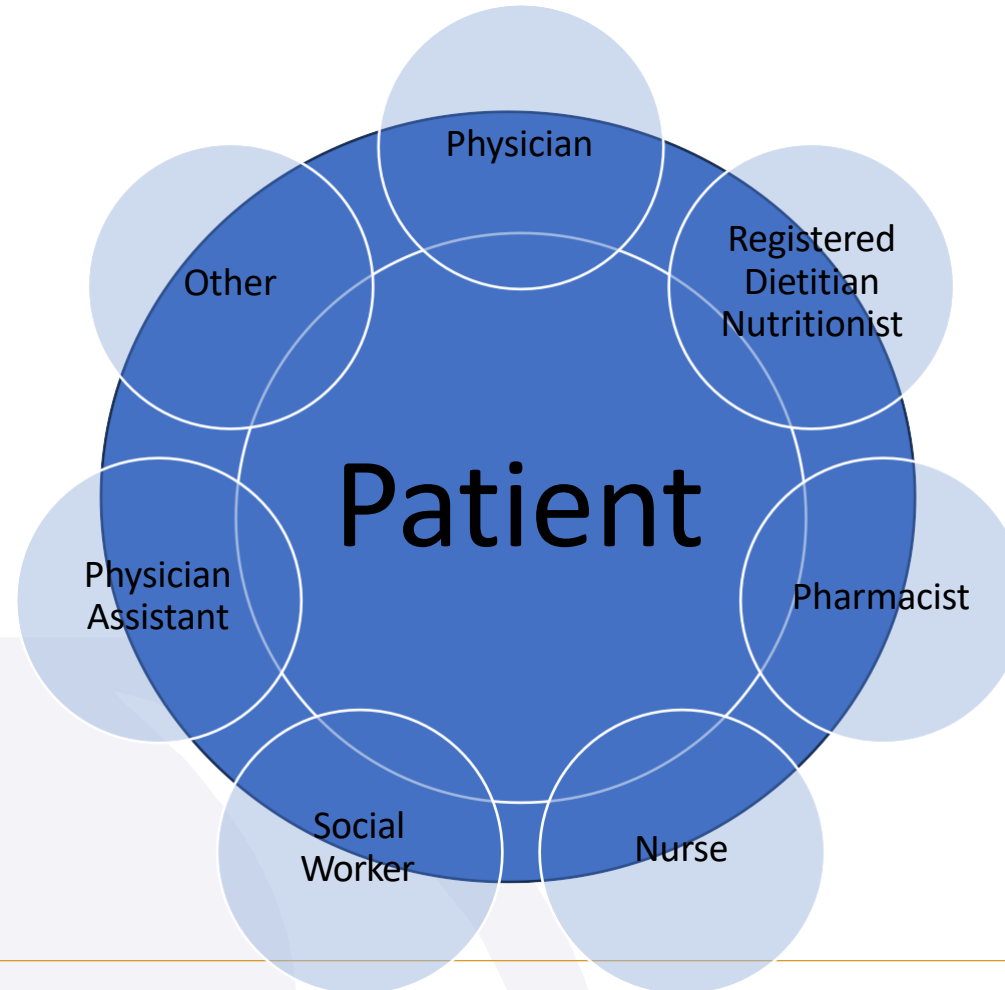
“The growing but embryonic field of CM demands the attention and leadership of competent and confident health care professionals (HCPs) who can leverage nutrition knowledge...food education, and cooking skills to empower their patients’ behavior change and improve health outcomes.”

Whether through government, education, clinical, or community-based initiatives, CM has demonstrated the potential to positively influence health care delivery.”



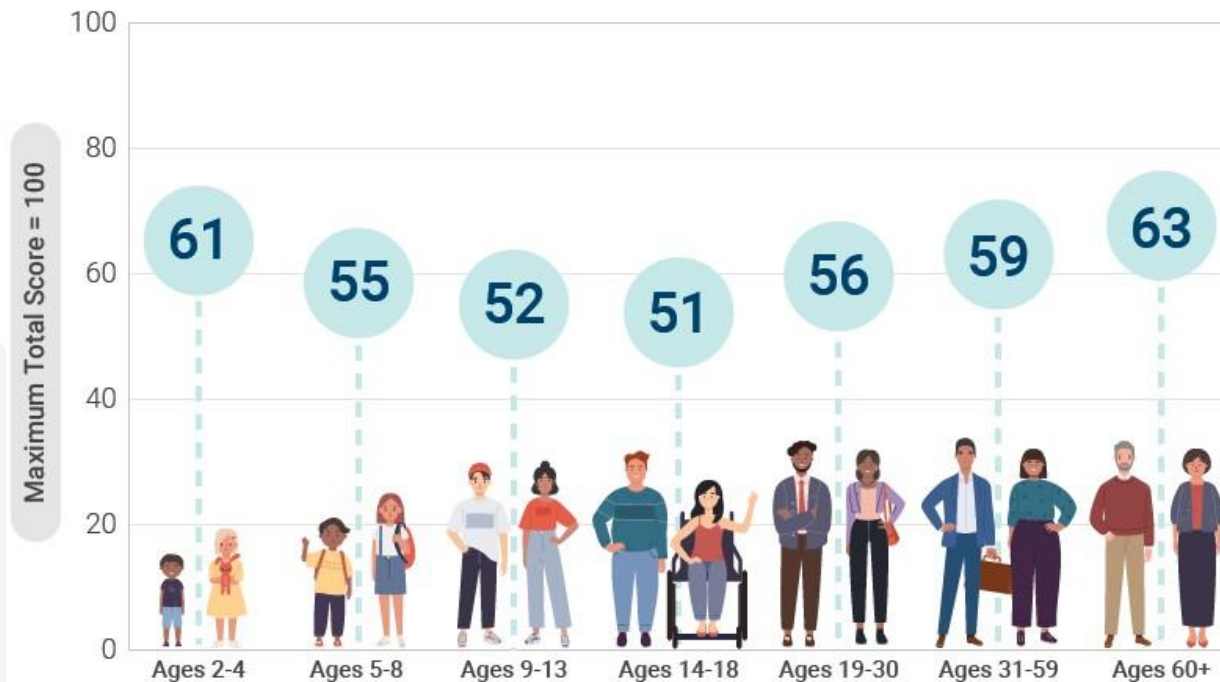
<https://pubmed.ncbi.nlm.nih.gov/36740186/>

The importance of interdisciplinary approach



State of America's Plate

Adherence of the U.S. Population to the *Dietary Guidelines* Across Life Stages, as Measured by Average Total Healthy Eating Index-2015 Scores



NOTE: HEI-2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

Data Source: Analysis of What We Eat in America, NHANES 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.

Percentage of Americans **not** meeting recommendations



98% whole grains



90% vegetables

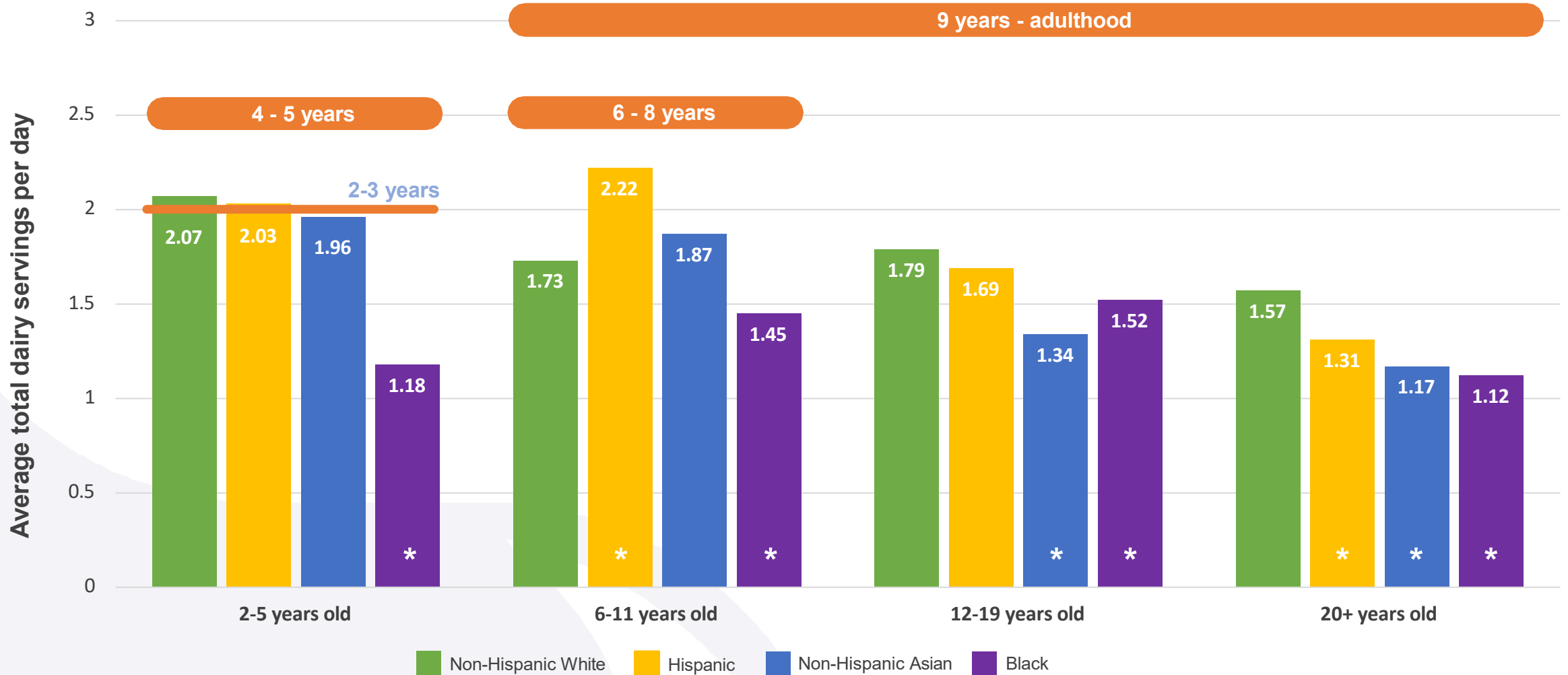


90% dairy foods



80% fruit

The Dairy Gap

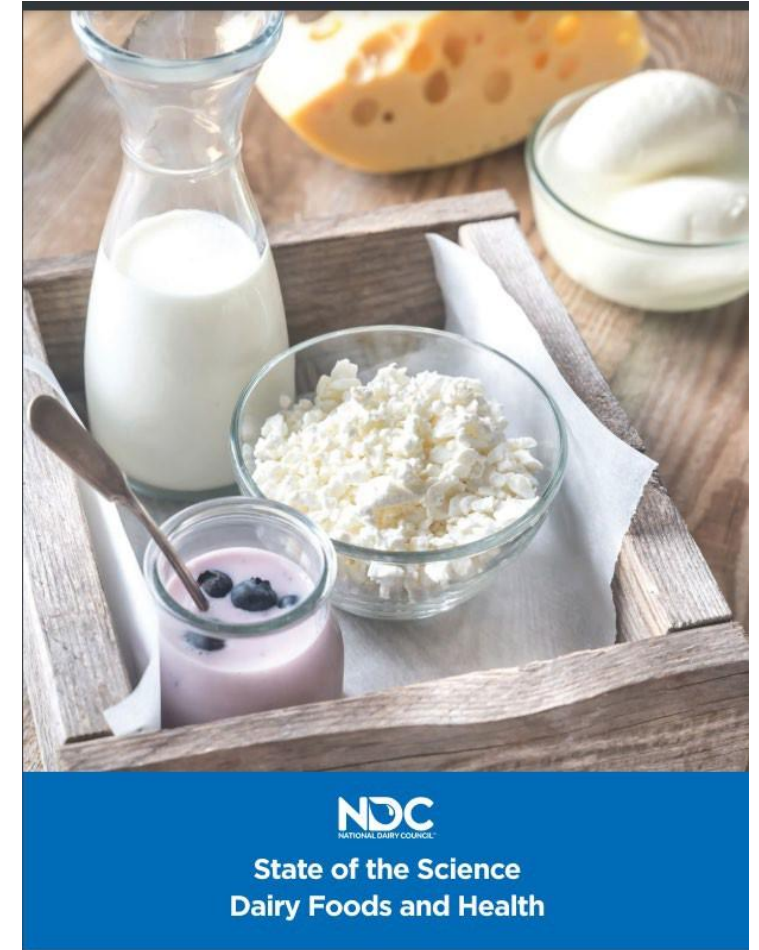


Dairy Foods are Foundational Foods Included in Multiple Healthy Eating Patterns

- 2020 Dietary Guidelines for Americans (DGA)
- Dietary Approaches to Stop Hypertension (DASH) eating plan
- Recommended by the American Heart Association (AHA)
- Guidelines from the National Osteoporosis Foundation

[State of the Science Dairy Foods and Health](#) includes review of the evidence on a variety of topics including:

- Dairy and Cardiovascular Disease
- Dairy and Blood Pressure
- Dairy and Type 2 Diabetes
- Dairy and Inflammation
- Dairy in Healthy Eating Patterns
- The Dairy Matrix
- Whole Milk and Reduced Fat Dairy Foods



Food For Thought

- According to [MyFitnessPal survey](#), only 2.1% of nutrition advice on TikTok is accurate.



Ultimate Goal: Healthy You and Your Patients

